

PANCHA TANTRA

THE FIVE PRINCIPLES OF HEALTH



Dr. B. Venkata Rao

DR-415

03380

OUR PUBLICATIONS

1. Yogasana Chart	2-00
2. Suryanamaskar Chart (Tel)	1-00
3. Suryanamaskar Chart (Hindi)	1-00
4. Arogya Marga Darsani Chart (Tel)	1-00
5. Arogya Ki Kunji Chart (Hindi)	1-00
6. Dainandina Rogamulu (Tel)	0-80
7. Panchatantramulu (Tel)	0-75
8. Panchatantra (Eng)	0-60
9. Panchatantra (Hin)	0-70
10. Yogasanamulu (Tel)	3-00
1. Masuchikamu (Tel)	0-50
12. Ramayana Ratnamala (Tel)	4-00
3. Prakriti Griha Vydy Pathamulu (Tel)	5-00
4. Adhunik Ahara Chikitsa Sastramu (Tel)	3-00
5. Sukhasamsaramu (Tel)	5-00
6. Pranayaleela (Tel)	3-00
Ubbasamu (Tel)	0-60
Unmadumu (Tel)	0-20
Praardhanaavali(Tel)	0-50

PANCHA TANTRA

The Five Principles of Health

Dr. B. VENKAT RAO

PRAKRITI PRAKASHAN

Nature Cure Hospital
Begumpet, Hyderabad-16.

Phone: 33786

A. PRAKRITI PRAKASHAN PUBLICATION

'PANCHA TANTRA'

By : Dr. B. Venkat Rao

First Edition 5,000 Copies

Second Edition 5,000 Copies

April 1973

Price : 60 Paise

Printed at

Sri Varalakshmi Press

Khairatabad, Hyd-4

Phone : 34711

PANCHA TANTRA

The Five Principles For The Preservation of Health

It is a commonly accepted logic that it is better to prevent a disease than to cure a disease after one falls a victim to it. But it is most regrettable that sufficient training and education is not available in the Modern Society towards preservation and self sufficiency in health.

धर्मार्थ काम मोक्षाणां आरोग्यं मूलमुत्तमम् ।

It means, to attain wealth, moral, sexual, and eternal bliss, one must have health. That is to achieve perfection in both spiritual and materialistic pursuits and pleasures, health is a vital factor and an essential prerequisite. Therefore every body should try to know what is health and how to attain and preserve it. Self sufficiency in health is equally necessary to a person as self sufficiency in food, clothing, and other domestic necessities. Then only a person can lead a happy and healthy life.

The characteristics of a healthy person are defined thus.

“नित्यम् हिताहार विहार सेवी’ समक्शाकारी
विषयेष्वसक्तः दाता समः सत्यपरः कषमावान्
आप्तोपसेवी भवतीत्यरोगः ”

i. e., he will daily take healthy food, cultivate healthy habits, enjoy all pleasurable emotions, give charity to others, treat others as equals, forgive and forget, and hold others in difficulties. Such a person will be free from want and disease.

From the above it may be seen that a person should be healthy not only in body but in mind and soul also. When both are healthy one is supposed to be in complete health. Such a health cannot be bought in the market for a few rupees. One can only attain such perfect health through Sadhana, penance, i. e., constant continuous and sincere effort.

There is a saying in Vedas

आहाराचारचेष्टासु सुखार्थी प्रेत्य चेहच ।
परं प्रयत्नमातिष्ठेत् बुद्धिमान् हितसेवने ॥

It means that a wise man in order to lead a healthy life through out his living, follows a

principled life regarding diet and other living habits. But a person of the present day world feels that such a life is uncivilized, and therefore always leads a life of wrongful eating, wrongful thinking, and will always be in search of medicines and powerful tonics. As a result of this the person is not only falling a victim to chronic and incurable diseases, but also degenerating morally, mentally, and physically. In this way the whole human race is racing towards a pit fall of a most degenerating nature.

Hence if every person is to rescue himself from such a pit fall of chaos and destruction, and desires to maintain and preserve complete health, one should regulate his life in respect of diet and living habits.

To pursue one's efforts in this direction one need not renounce one's family and children, society, and run to forests. The real pursuit lies in warding off the unnatural and wrongful dietics and habits which have taken deeper roots in the society in the name of civilization, and lead a life nearer to Nature and within the limits of Natural Laws.

From my experience for the last fifteen years, and basing on the "Swastha Vritham" of Ayurveda, I have formulated the following five

principles for the preservation of health, and leading a natural life.

1. Take only two meals a day.
2. Drink at least two seers of water in a day.
3. Daily do at least one hour exercise.
4. Daily pray twice to god you adore.
5. Fast one day in a week compulsorily.

Along with the above five principles one must observe celibacy in life.

1. Why one must eat twice a day only?

Before we attempt this question we have other subsidiary problems to solve. i. e. When? How much? What? And how many times to eat? This is a very confusing and brain twisting problem and if one can find an answer to this, he can be free from disease.

i. "Who" depends upon the individuals' age and occupation.

ii. "When" also depends upon one's occupational timings. One should regulate his meals

time according to his occupation. It is said in Ayurveda-

अकालेति चाल्पंवा अजीर्णे भोजनं विषम् ॥

Even if a little is eaten out of regulated hours, it will result in indigestion and the food eaten is turned into poison. Therefore one should eat at regulated hours only.

iii. "What to eat?" As far as possible eat fresh food and natural food. Birds and animals who eat only natural food are happy and healthy. This is a glaring example for man.

Food is of two kinds.

1. *Uncooked food.* Any food that is not cooked like, fruits, vegetables, nuts, milk etc.

2. *Cooked food.* Any food that is cooked, like rice, bread, curries, dals, curd, buttermilk etc.

If in these cooked foods, irritants and stimulants like salt, chillies, tamarind, spices, condiments are not mixed such food is called *satwik* food or moderate food. But if stimulants and irritants are added, the food becomes *tama-sik* or exciting food.

One must realize that such exciting foods only are responsible for all diseases.

All seasonal fruits and vegetables which are locally available will be quite sufficient and useful for cooked or uncooked diet. Fruits do not necessarily mean costly fruits like apples, grapes, pomogranets, etc. All local and seasonal fruits are quiet suitable for consumption. With the amount one spends on tea, coffee, cigarettes, and other unwholesome foods, if spent on fruits and vegetables, one will build up resistance power against disease and improve health. Therefore one can live on fruit diet or uncooked diet in an economical way without running after costly fruits.

iv. "*How many times to eat?*" This is also a nerve racking problem.

It is quoted in vedas-

सायं प्रातर्मनुष्याणामशनं वेदनिर्मितम्

"One must eat only twice a day i. e., morning and evening." Another quotation from Vedas says-

एक भुक्तम् महायोगी
द्विभुक्तम् महाभोगी
त्रि भुक्तम् महारोगी

It means, one who eats one meal a day is a saint, one who eats two meals is a luxuriant,

and one who eats three meals a day is a chronic sufferer.

From the above it is clear that one should eat only two meals a day. But medical men are advocating and preaching to eat more number of times and due to this, so many types of digestive troubles and diseases are developing. Of late Americans have realized this truth, and some scientists and diet reformers have started "No breakfast campaign."

1. "*How much to eat?*" In this modern world this question has also become a big problem. But nature always instructs you to eat what you can digest. How much to eat depends upon the age, type of vocation. People who do more physical labour should eat more and who do less labour should eat less. But in today's society, unfortunately people who work more get less to eat, and people who work less have more to eat. Due to this, diseases are spreading.

We should not think in terms of how much more we can eat. We should always think in terms of eating as much less as possible and work as much more as possible. Also we should think how much we can digest from what we eat. How do we select a car which gives more mileage with less petrol—in the same manner we must

give less food and take more work from the body. Our motto should be "work with two hands and eat with one mouth" and not "work with one hand and eat with two months".

Now a days science says that every person needs 2500 calories of food every day. Accepting the above theory, what will happen if one can not digest his food? Then the calories will go waste and the person develops indigestion and other allied diseases.

It is stated in Ayurveda that one must fill his stomach half with solid food, one fourth with water, and keep the remaining empty for free movement of air.

Therefore it is always advisable that every person should eat only twice in a day, take moderate diet, and eat only for half of his stomach. By doing so one can be healthy and free from disease.

2. Why one should drink two seers of water in a day ?

Those who are habituated to drink tea, coffee, cold drinks etc, will rarely find the necessity to drink water during the day. Some people drink water along with meals. Both these habits will impair digestion. Some people to

neutralize their irritation due to adding salt, chillies, spices etc. to their foods drink more water at meals time. Some people drink more water with an ignorant belief that more water aids digestion. Water is necessary to the body to aid digestion, improve blood circulation, and help elimination; but it should not be taken with meals. Every day directly or indirectly about three seers of water is being eliminated from the body through urine and sweat. If we do not replace this loss, the body will become diseased.

Constipation, indigestion, lack of sleep, over heat etc., are the diseases resulting due to not drinking sufficient quantity of water. So if one gets used to drinking water to the required quantity, he can get rid of all diseases and avoid further diseases.

One should drink water one hour before meals, two hours after meals, during the day, before going to bed, after rising from bed.

In Ayurveda it is written that one who is thirsty should not be fed, and one who is hungry should not drink water. In both cases one will suffer from digestive disorders and develop pot bellies, cancer and ascites. etc. When one is thirsty he should drink water. and when one is

hungry he should eat. But unfortunately the present etiquette and social customs contravene these two laws of diet. If one is hungry he will satisfy his hunger by tea, coffee, and other stimulating drinks, and thus suppresses the hunger, and if one is thirsty, he will satisfy the thirst by cool drinks, tiffins, and ice creams etc. instead of drinking pure and fresh water. Therefore now a days every where you see there are digestive disturbances and digestive diseases.

Water is an essential life giving element to all living beings and under no circumstances should be refused to the body when body demands it. By avoiding such an essential life sustaining item and taking all sorts of unnatural drinks people are falling victims to various diseases. In God's creation except human beings all living things take and consume only water when they are thirsty. Only under special circumstances one must drink hot or luke warm water. Weak patients, malarial patients at the time of shivering and perspiration should drink luke warm water. In all other cases all persons should only drink pure and fresh cold water.

3. Why daily one hour exercise ?

In God's creation except man, every living thing has to work hard to earn the day's bread.

It is only the man who always tries to fill his belly without doing any work.

Only after hard labour, the food eaten will be digested and only then the body gets the required energy and one can be healthy and happy. For maintaining health both physical and mental, labour is quite necessary. Therefore those who need not labour for their food, should necessarily do daily exercise. Otherwise they will be suffering from diseases.

Exercises are of two kinds.

1. Light or slow exercise.
2. Hard or Fast exercise.

Yogasanas, Surya Namaskaras, Pranayam, Wheel grinding, Spinning, Gardening and other Cottage Industrial activities are considered as light exercises.

Indian exercises like Dand, Baithank, wrestling, parallel bar, boxing, fencing, weight lifting, running and swimming etc., are considered as fast exercises.

In fast exercises more diet and more rest is required. Therefore all fast exercising - people spend their whole time in exercise, eating and

rest. They have no time for moral, mental, and spiritual development. That is why all wrestlers are useful only as wrestlers, and all boxers are useful as boxers only. After some period due to any reason like age, disease etc., they stop fast exercise, but their craving for more eating will not stop. This gives rise to many health troubles and diseases like rheumatism, obesity, heart disease, etc., develop in such people at a certain age and period. All people at all times can not do fast exercises.

For light exercises no paraphernalia is required. No special diet is required. No complications will arise if these are discontinued or suspended. Among light exercises Pranayam, Surya Namaskaras, and Yogasanas are the best and most suited for the physical and mental development of a person. By these exercises physical and mental powers will increase. By these exercises there will be good blood circulation to all the internal and external parts of the body.

Yogis and meditators keep their minds and bodies pure and free from any impurities and foreign matters by practising these yogasanas and pranayam etc.

It is quoted in Ayurveda that

“ सर्वे रोगाः मलवशाः

i. e., accumulation of impurities in the body is the root cause for all diseases. Therefore by doing yogasanas regularly, the body will be free from impurities and thus one can maintain his health-

A few lines from Hata Yoga Pradeepika say.

“युवा वृद्धोतिवृद्धोवा व्याधितो दुर्बलोपिवा
अभ्यासात् सिद्धिमाप्नोति सर्व योगेह्यतन्द्रितः”

It means whether young or old, weak or diseased, if a person shuns laziness and practises Yogasanas always he can attain salvation. It is also stated in ‘Yoga Chintamani’ that women also can practice Asanas. During menses period from third month of pregnancy till one month after delivery, women are prohibited from doing asanas. In addition to asanas women can do walking and other light household duties.

If one practises Asanas regularly, regulates his diet, controls his emotions, regulates his living habits, can not only maintain and preserve sound health, but he can develop mental and spiritual powers also. Therefore it is essen-

tial that every person should do daily one hour exercise.

So called busy and up-to date ladies and gentlemen of the present day world often say that they have no time to do exercise. To preserve their health if they cannot devote daily one hour, then they must realize that it will become impossible for them to safe guard their health.

4. Prayer.

In this present day materialistic world, we hear people ask, what is the relation between health - preservation and prayer?. In this connection I wish to remind the Golden words of Bapuji who said "as body agitates for food, the mind should agitate for prayers. As food is to the body so is prayer to the mind and soul". A sound mind in a sound body Only when these two are sound we enjoy complete health.

To keep them both healthy and to keep them under control prayer will help us to a great extent. This is not only my experience but a fact accepted by many great people.

In our country under the guise of "Sandhya Vandanam" (morning, afternoon and evening).

Prayers have been introduced in our ancient Dharmas. Even to-day these sandhya vandanas are seen in priestly and religious Brahmin classes. To perform prayer at every sandhya (change of time) i e; at dawn, noon, and dusk is called Sandhya Vandanam.

5. Why should we pray twice in a day?

During night we shall be in an unconscious state of mind (sleep) and in this state shall not be in a position to save ourselves from any sudden dangers. We are liable to lose our lives from any danger in this state of mind. God has saved us from any possible danger and protected us through out the night during our unconscious state. So when we get up early in the morning it becomes obligatory on our part to offer our hearty thanks to that power which has protected us during the previous night. Present day social customs taught us to offer thanks for merely getting half a cup of tea or half anna worth of pan. Our morning prayer is some thing more than this. We offer our thanks to Him, the life protector, in a more suitable words and sublime thoughts. In the morning we should also pray to God, "O" God! we are entering the day. Give us the wisdom and power to enable us to do our duties rightly and correctly. Guide us from any wrong-

(2)

ful actions so that our actions may not harm any body" If every person cultivates such noble and sublime thoughts in his mind and does prayers in the above manner then peace, contentment, health and happiness will easily prevail in the society. After the day's work, one should sit for prayers in the evening and do self introspection about his day's work and activities. He should pray to God thus, 'O' God! I offer my thanks to you who have guided me in my duties the whole day and saved me from doing wrongful actions. I am again going to enter in to unconscious state of mind. During my sleep in the night protect me from all evils and dangers during the night".

In this way one can not only improve his will power and self control but he can develop his mental and physical health. Prayers should not only become a part of our daily activities but also a pattern of our look in life.

It will be no exaggeration to say that in the present day world, people have overlooked the importance of such prayers, and the society and the world as a whole is drifting towards more and more materialism. This is the main cause for more and more diseases, and unsettled and unhappy conditions of present world.

For self preservation of health, daily prayers are quite essential both morning and evening.

6. Why fast once a week ?

Every office, every mill, every workshop and Industry is giving one day holiday in a weak for taking rest. But for this human machine, especially for the stomach there is no rest. Due to this, body becomes weak and diseased. Therefore one should stop meals completely once in a week and fast for 24 hours only on plain water.

One common blunder our people commit in the name of fasting, is that they stop regular meals, but consume more in the shape of fruits, tiffins, Milk, sweets etc. This is a very wrongful habit. This practice is more harmful than advantageous.

By fasting once in a week, the body will get sufficient opportunity to concentrate all its energy and eliminate all the accumulated wastes and toxins from the body which are there due to our mistakes in the diet for the previous several days. These wastes and toxins are eliminated through the four eliminative organs of the body. (Kidneys, Intestines, Skin and Lungs). The body will clean and purify itself once a week. Many people are in the wrong illusion that by fasting

once in a week, we become weaker and cannot do any work. This notion is entirely baseless. As they are not accustomed to fasting they find it to be so in the beginning, but gradually they will not feel any weakness and they can perform their normal duties even on fasting day.

One should not forget to drink three seers of water on fasting day. Otherwise they get weakness, headache and strain in the eyes and limbs.

It is better to take enema with luke warm water. Due to fasting, heat is generated in the body and due to this the faecus in the anus gets solidified and causes pain to evacuate the bowels. By enema we can maintain the normal temperature of the body. Like machine that works more efficiently after cleaning and overhauling, the body also becomes more active and efficient by weekly cleaning and fasting. Just as a machine lasts long by constant and regular overhauls, so also the body will become ever healthy and active by regular weekly rests.

During fasting, one, mind will always be on food. But one should engage himself in some work and divert his mind from the kitchen. One should concentrate his mind on sublime thoughts on spritual thoughts and thus divert his attention from food on fasting days. But if

one has no mental and physical work on fasting day, he will suffer from mental torture for food. Therefore he should somehow deviate his thoughts and engage himself during fasting day.

Fasting is of three types.

1. Water free fast. (complete fast or dry fast).
2. Water fast.
3. Liquid diet fast.

1. *Complete fast* :- Fasting without even taking water is called complete fast or dry fast. This is only practised by spiritualists who are highly will powered and who disregard their bodies for the upliftment of their soul. This is not suitable for all persons.

2. *Water fast* :- By taking plenty of water during the day of fast is called water fast. Every body can do this type of fast.

3. *Liquid diet fast* :- By consuming three or four times daily, a glass of fruit juice of any seasonal and local juicy fruits available, one is supposed to be on a liquid diet fast. This fast is intended for children below 12 years, old people and patients.

According to one's mental and physical levels. It is necessary for every one to select any one of the three above fasts, and fast once a week.

To avoid any complications during fasting:-

1. Take enema with luke warm water.
2. Take cold water full bath two times (morning and evening).
3. Consume plenty of water, at least three seers.
4. Concentrate your mind on God and sublime and noble thoughts.

In this way if every person, observe the five principles laid down here, he will maintain and preserve an healthy life and will lead a happy and contented life till the end.

To follow these simple principles no money and effort is required. Only with determination and will-power every one can observe these principles.

Two meals a day.

Two baths a day.

Twice prayer in a day.

Two motions in a day.

Vedas have included these four above principles as important items of daily routine. If man can observe these principles and then remaining two (fasting and exercise) he can be considered as a healthy person.

Fasting is not an ordinary treatment. It is a Tapasya (Penance) or meditation. During fasting seven organic matters (Sapta Dhatus) of the body are purified. To control Panchendrias (five materialistic desires) and to curb their desires is only the real Tapasya or meditation.

There is no greater preacher than mother and vedas. So also there is no greater meditation than fasting. It is said in Mahabharata that Bhishma, while lying on his thorny bed preached this great truth to Dharmaraja.



Rules Regarding Diet.

Because most of us are ignorant and lack proper knowledge regarding diet. We are suffering from all sorts of digestive disorders and consequential chronic diseases. Therefore it is necessary to know as to who, when, what, and how much to eat. The food we eat is generally divided into two parts. Cooked and uncooked. According to the diet and nutrition experts, what all a human being eats is termed as food. But that is not correct. All eatables are classified under four groups.

1. Nutrients. 2. Stimulants. 3. Irritants. and
4. Poisons.

Here we are concerned only with nutrients. Food is eatable, and when eaten, should give nutrition to the body without any sense, or feeling of stimulation, irritation, or pain and displeasure.

Uncooked diet :- This is called Natural diet and is defined as Amrutanna अमृतान्न i. e., food equal to Nectar. Fruits, vegetables, milk, nuts, germinated seeds etc. come under this category.

Cooked diet.

Rice, bread, boiled vegetables and all other cooked eatables come under this category. To make these cooked foods palatable and tasty, people use salt, chillies, spices, condiments, which are either stimulants or irritants. It is therefore always better to avoid these stimulants and irritants, in the cooked food. It is better to cook the food through steam and not by direct contact with fire. Because by cooking food under excess of heat it loses all the vitamins and minerals.

One should not eat or drink any thing except water in between two meals.

It is necessary to masticate the food thoroughly before it is swallowed.

Before and after meals one should clean his mouth and teeth. One should sit in a well ventilated and clean room and take food.

Make your stomach into four parts. Fill two with solid food. One part with water. Leave the remaining part for air.

Do not drink water within half an hour before meals and with in one hour after meals.

Drink only pure clean water when you feel

thirsty. Soda, cool drinks, ice cream etc. are injurious to health.

Drink one glass of water immediately after you get up from bed and before you retire to bed.

Eat when you are really hungry.

Do not have mental and physical strain till half an hour after meals.

Do not take enema until three hours after meals. Do not take any special treatment till your food is completely digested.

General rules of health.

One should not suppress or delay nature-calls. One should not pollute any place by spitting, urinating, vomiting etc, because flies, germs etc. who sit on these dirty places, again come and sit on the food we eat, thus poison the food and other eatables. One should throw all dirt and garbage in a proper place and one should keep the place of living, eating, sleeping clean, airy and well ventilated to allow fresh air and plenty of sun light. Sleep in open air or well ventilated rooms. One should not sleep on the back but on belly or on one side. Should not keep big pillows under the head. Keep your nails

clean and remove nails once a week. Take oil bath once a week. In bed rooms where oil lamps or gas lamps are used, the windows should not be completely closed, as there will be a danger of suffocation due to carbon dioxide. Sick people should not enter the kitchen rooms. Daily clean your teeth with a soft brush made out of tender twing of a tree especially Neem, tamarind, babul Banyan, and move the brush upward and down ward and not side ways.

Signs of Indigestion.

Unpleasant taste, sticky mouth coated tongue, excess saliva from mouth during sleep, coating on the gums formation of phelgm in the throat, heaviness and pain in the stomach, bitter belching, flautulence, unsatisfactory evacuation of bowels, loose bowels, sleeplessness, bad dreams, morning sickness, dislike for plain and simple food, are all the symptoms indicating bad digestion. One should abstain from food till the above symptoms disappear, keep fast, drink plenty of water, take enema etc. On the other hand if these symptoms are neglected and supressed through medication or otherwise, all sorts of acute diseases like fever, headache, stomach ache, Gastritis, diarrhea, dysentry, cough, cold, skin erruptions etc, deve-

lop. When these acute diseases appear the following precautions should be taken. Till the symptoms disappear one should observe fast, take enema, tub bath and other special treatment as indicated and take complete mental and physical rest.

Self Enlightenment.

By following the laws of Nature and Natural living, and by correcting one's eating and living habits, one will experience that he or she will enjoy complete health and will not fall a prey to all acute and chronic diseases. Not only while in health, but also while sick, if these rules are followed one will get rid of his acute or chronic diseases without the aid of any medicines and injections. From this one can infer that:— Hither to because you were violating the laws of Nature, and disregarding the eating and living habits, you were falling sick, and inspite of best medical attention you were not getting rid of the diseases, on the other hand you were multiplying the diseases in your body. But by following the laws of Nature and correcting your eating and living habits you are able to regain the lost health and vigour without any external help.

Just think, You are daily getting up, washing your face, attending to Nature calls, bathing, eating, drinking, and these things you are doing the whole of your life time but you are not tired, and you do not miss any of these even a single day. You are doing all these because all these are essential process of health, and are therefore necessary for every body and every time. In the same way, if you want good health, if you don't want to fall sick, become old while young, you should always pay attention to your eating and living habits.

It is said in Ayurveda

आहाराचार चेष्टासु सुखार्थी प्रेत्यचेह च
परं प्रयत्न मातिष्ठेत् बुद्धिमान् हितसेवने

I. e., A wise man in order to lead a happy and a healthy life, will pay attention to his eating and living habits throughout his life.

Again it is said

अनात्मवन्तः पशुवत् भुंजतेऽतिप्रमाणतः
रोगाणां दृश्यते, मूलमजीर्णं प्राप्नुवन्ति हि

A foolish man by becoming a slave to his senses of pleasure will not follow the rules of eating, and living, becomes a prey to indiges-

tion which is the root cause of all diseases.

Any machine requires cleaning, oiling and overhaul periodically to make it run smooth and trouble - free. So also this human machine requires periodical rest, and cleaning to keep it fit always. This rest and cleaning can be got by observing fast once a week.

Healing Crisis

During the treatment period a patient may develop reactions like skin eruptions, skin diseases, fever, Cough, dysentery etc. One should not be afraid of these reactions because these are only the symptoms indicating the fact that the body is trying to throw out the toxins and waste matter from the body during the course of cleaning, and this is only a defensive mechanism on the part of the body and once the purpose is served and the body becomes clean and pure these symptoms disappear automatically.

During the healing crisis period one should take complete rest, should not be depressed or discouraged and have confidence and mental equilibrium, and under any circumstances medicines should not be used.

Rules of Tub Bath.

The water for tub bath should be cool, clean.

The place for tub bath should be covered, clean, and have normal room temperature.

Only drinkable water should be used for the tub.

Immediately after tub bath one should do exercise, walk or cover the body and sleep to regain the heat.

Should not wet any part of the body and should not eat or drink any thing at least for half an hour after tub-bath.

Those who do tub bath or other natural treatments should not use medicines.

Once used, the water should not be used again.

Air Sun Light and Exercise.

Human body is made up of five elements of Nature., ie., Earth, Water, Air, Light, Sun and Ether, and to maintain it and to keep it healthy the same five elements are necessary and sufficient. But the modern man, supposed to be more advanced and civilized, is ignoring these five elements and always searching for some outside

help to maintain his health. We are observing daily that villagers and who expose their bodies always to Sun, Air, and do plenty of labour in open air, are more healthy than the so called modern civilized man.

It is said in Anyurveda.

आरोग्यम् भास्करादिच्छेत्

i. e., Sun is health.

One should try to expose his body daily morning and evening to Sun's rays for some time, do exercise in open air or well ventilated rooms. By exercise, Sun bath, and Air bath, one will have plenty of oxygen to the body, plenty of Natural stimulation to the skin, increase of blood circulation and finally more natural strength and vitality to his body.

But one should know his limits while doing exercise.

Fasting.

There is a general belief and apprehension in the mind of the public that in Nature Cure they make the patient fast by which the patient becomes weak, and there is danger to one's life. This is absolutely not correct and the

fear is baseless. We give the fasting treatment for the disease and not for the person. If one is kept on fast within reasonable limits the disease is starved to death and patient is saved from death. All our religions, Vedas and Puranas have spoken so much in praise of Fasting and its benefits. Even now the practice of observing fast on all auspicious days and on religious occasions is in vogue to a large extent. Originally it was meant for both physical and mental purification. But the modern man has lost all physical value of fasting and only views it as a religious necessity.

All persons can do the fasting according to the necessity under the guidance of a Doctor.

Our body is a living mechanism, and so during the course of fasting it consumes the reserve food of the body accumulated in the seven ingredients (Sapta Dhatus) and while so consuming it also brings out the accumulated wastes, toxins, and diseased matter and thus makes the body pure. That is why one will reduce his weight while fasting but one feels active and energetic after the fast. Because, during the fast the body gets rid of the unnecessary burden and gets revitalized after the fast. Hence fasting cure is one of the best and first essential treatment in Nature Cure. But one must be very careful and cautious

(5)

to undertake the fast and it is always advisable and safe that the fasting should be undertaken only under the advise and guidance of a qualified Naturopath.

The following are the various types of treatments given to a patient during the treatment.

1. Enema, 2. Mud packs, 3. Hipbaths. Hot and cold, 4. Sun bath, 5. Hotwater foot bath, 6. Steam bath, 7. Sun bath, 8. Green leaves bath, 9. Full wet pack, 10. Mud bath, 11. Massage etc.

The details regarding all these treatment as to how to take the treatment, when to take, what are the precautions to be observed, etc. are to be found in other books and one is advised to read those books for futher guidance and information. But it is always risky to try to take these treatments just by reading the book. One can only enrich his knowledge by reading the books. But all practical treatments especially when one is a patient should be taken under the instructions of a qualified Naturopath because any wrong treatment or any treatment taken in a wrong way at a wrong time may result in fatal consequences. So a lay man should not attempt to undertake any treatment without the guidance of a qualified Naturopath.

Conclusion

By following Natural Laws, Correcting one's Eating and Living Habits, avoiding bad habits, avoiding mental and physical tension, avoiding all wasting and devitalizing habits, and above all by having contentment in life, one can always be free from disease, and can attain self sufficiency in health, and lead a happy and peaceful life.



Methods of Treatment

1. Enema.

Lie down on a cot or on the floor on your right side and draw your legs upwards. Apply oil or vasaline to the nozzle of the enema can and push it in the rectum and lift the can for about 3 ft. and keep it like that till all the water is discharged into the bowels. Use lukewarm or cold water for enema. Before introducing the nozzle into the rectum allow some water to flow through it so that all the air in the tube is removed.

While water is going into the rectum if you feel any pain in the abdomen, then stop the flow of the water for a few seconds by pressing the rubber tube or by placing the can on the floor. When the pain subsides, proceed to give enema as usual by allowing water to flow. At times, due to obstruction of muscles or hard lumps of fecus in the rectum the flow of water is stopped. Then move the nozzle a little outside and then push in when water flows in freely. Persons who are taking enema for the first time should take in small quantity of water. After taking in the can-

ful of water, one should roll on his abdomen this way and that way. Then one should try to retain the water for 5 to 10 mts. according to capacity. Then try to release the water as slowly as you can, stopping at times. Do not release water all at a time. One should sit till all the water comes out. Haste should be avoided.

2. *Mud Pack.*

Fine earth on the banks of rivers or rivulets or canals or silt in the tank beds is useful for this purpose. The earth should be cleaned and made into fine. Allow it to dry up for some time and then collect it into a pot and add water till it forms into a lump of mud. At a time we can prepare this mud in the require quantity for 2 or 3 days.

Take a piece of cloth of 13"×12" and rinse in water and squeeze the water and spread the cloth on a plank. Then place 8"×4"×12" size of mud on the cloth and close it by its ends and keep this pack on the lower abdomen just below the naval cavity for 15 to 30 mts. Cover this mud pack with a woolen cloth. In certain circumstances we can keep the mud on the lower abdomen without covering it in a cloth, and then keep some leaf on the mud and then cover it with a rug.

3. *Hip Bath.*

Fill the tub with water half full or till it cover the abdomen. Keep a stool if necessary under the feet. sit naked in the tub and smoothly rub around and across the lower abdomen with a small piece of soft cloth for 5 to 20 mts. Wear sandals or shoes while doing this so that the feet may not get wet. After hip bath do exercise or walking according to one's condition to generate heat in the body. If it is not possible, cover the body with a rug and lie down. Take bath only after 30 mts.

4. *Sitz Bath.*

For this purpose take a stool of size 10'' × 10'' × 8'' and cut semicircularly in the front. Keep this stool in the tub and fill the tub with water till the water level is 2'' over the stool. Wear shoes and sit on the stool naked or naked in the lower half of the body. If such a stool is not available bricks can be used.

Then stretch the skin at the tip of penis catching it between the middle and pointing fingers and dip it in the water. Then rub the skin slowly and smoothly with a soft cloth. Do not rub hard.

Ladies also sit naked on the stool and rub

slowly and smoothly on the lips of the genital organ.

This bath can be done for 5 to 30 mts. and after this bath exercise should be done according to the strength and condition to generate heat.

5. Hot Water Foot Bath.

For this purpose a bucket or vessel with a wide mouth is used. Pour hot water (which can be tolerated by the patient) in the bucket half full and keep it by the side of a cot or chair and allow the patient to keep his feet in the hot water. Then cover the person with a rug including the chair and the bucket. Keep a wet cloth on the head give a glass of cold water before the foot bath. The bath can be given for 15 to 30 mts. If the water becomes cold add hot water slowly to the bucket. After the foot bath the patient should take cold water bath. If he is very weak he should be given sponge bath and his head should be washed with cold water.

6. Hot Water Hip Bath.

Hot water is poured in a tub and hip bath is given as previously. The feet are kept in a basin of a cold water and a wet cloth is placed on the head. A glass of cold water is given to the patient before the bath. The person including

the tub should be covered with a rug up to his neck. This is done for 2 to 15 mts. After hot water hip bath, cold water hip bath can be given if necessary.

7. *Sun Bath.*

Keeping minimum clothing on the body or better naked exposing in the sun light before 9 a. m. and after 4 p. m. is called sun bath.

The person should take a glass of cold water before sun bath and keep a wet cloth on the head during the sun bath. According to the condition of the patient the bath can be given from 5 to 30 mts.

8. *Green Leaves Sun Bath.*

(Atapasnana)-For this purpose usually plantain leaves are used. Lotus leaves, Neem leaves also can be used.

Spread a rug on a cot or on the floor in the sun light. Spread a blanket or the rug and spread leaves on the blanket and allow the patient to lie down on the leaves naked. Then cover his body also with leaves and fold the blanket, then the rug tightly and keep a wet towel on the head and cover it with a leaf. Give the patient a glass of cold water before bath and if necessary duri-

ing the bath also. Very weak persons and persons with heart troubles should have wet pack for the chest and then take this green leaves sun bath. After getting good sweating the patient should take cold water bath immediately. Green leaves Sun bath can be given from 10 to 30 mts. according to the need.

9. Half Wet pack.

Take a rug or a blanket folded to the size of chest lengthwise and spread it on a cot and keep wet blanket or dhoti folded to the same size and place on the rug or on the blanket as kept previously on the cot. Then allow the person to lie down with cloth on the chest in such a way that his chest just lies on the width of the wet cloth keeping his arms straight above his head. Then rap the wet cloth round the chest tightly and then rug or the blanket round the wet cloth. This pack is given from 20 to 40 mts.

10. Full Wet Pack.

Spread a rug or thick blanket on a cot or floor and spread on it a dripping thick blanket over it. Keep a wet cloth of the width of chest and allow the patient to lie down naked or with a loin cloth, on the wet blanket with his arms upwards. At first give him a chest pack, then

allow his hands on his sides, and cover the whole body upto the neck blanket tightly and tuck with the rug. Before and during the pack the patient must be given water to drink.

11. Steam Bath.

A rope cot or a cane chair can conveniently be used for this purpose. Before taking steam bath one should take a glass of cold water and lie down on the cot or sit on the chair. Then keep the vessel containing the boiling water under the cot or chair. If it is a cot three or four vessels are to be used at a time. Cover the patient with a rug or thick blanket so that the vessels and the chair or the cot come under the covering. Keep a wet cloth on the head. When the water becomes cold, replace the vessels with boiling water. Steam bath can be given from 5 to 20 minutes. Immediately after Steam Bath the patient must be given a cold water bath. If the patient is weak he should be given cold water sponge bath and his head washed with cold water without fail.



OUR PUBLICATIONS

(Continued from 2nd cover)

20.	Meri Praardhana (Hin)	0-30
21.	Upavasa Chikitsa Sastramu (Tel)	0-75
22.	Miracles of Water (Eng)	0-50
23.	Madhumehamu (Tel)	0-80
24.	Enima (Tel)	1-50
25.	Charma Vyaadhulu (Tel)	1-00
26.	Apo Vy Bhesajamu (Tel)	1-50
27.	Rog Kyon Hotahai (Hin)	0-60
28.	Radiant Health and Longevity (Eng)	1-00
29.	Practice of Nature Cure (Eng) By: Dr. Lindlahar	15-00
30.	Prakriti (Monthly Magazine-Yearly subsription)	8-00
31.	Human Culture & Cure By Dr. E. D. Babbitt (Eng)	40-00
32.	Hysteria (Tel)	0-50
33.	Upachaaravidhi (Tel)	3-50
34.	Osteopathy (Tel)	1-00
35.	Arogya Adarsamu By Mahatma Gandhi (Tel)	1-50

Prakriti Prakashan

Nature Cure Hospital

Begumpet, HYDERABAD-16.

About Dr. B. Venkatrao :

Dr. B. Venkatrao is not new to the people who are intrested in Naturopathy. Taking the spirit of his Guru late Sri V. Krishnam Raju of Bhimavaram he entered in to this field 27 years back and polished his knowledge with his bright experience with several kinds of patients and diseases. He evolved these five principles from the ancient Ayurveda scriptures and polished them in to the form of "PANCHA TANTRA", the five principles for Radiant Health and started propogation not only for curing diseases but also to maintain perfect health and attain "Health Self-sufficiency" which Bapuji advocated. In literary field also this book was translated into English, Tamil, Gujarati and Kannada and efforrts are being made to translate this book into other indian languages.

—Prakriti Prakashan
Price-60 Paise.